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Hospital Corps Marks 104th Anniversary
By Aveline V. Allen, Bureau of Medicine and Surgery
On June 17, 23,035 active duty and 5,495 Reserve
hospital corpsmen will celebrate 104 years of dedicated
service.

For over a century, the Hospital Corps has played a
large roll to ensure Sailors, Marines and their families
receive the best quality healthcare whether they are at
home, stationed overseas or deployed.

Navy hospital corpsmen's roots date back to the
19th century. Navy Surgeon General James R. Tryon was
the first to suggest the idea of establishing an
"organized hospital corps," which he defined as "a
professional, well-trained group of individuals to
provide medical care for the Navy." After years of
lobbying on Tryon's part, in 1898, Congress approved a
bill establishing the Navy's long-needed corps.

Since then, hospital corpsmen have repeatedly
distinguished themselves on the battlefield with the
Marines and SEALs, aboard surface ships and submarines,
at military healthcare facilities worldwide, deployed
with Seabees, with diving and aviation units, and aiding
victims of natural and man-made disasters. They
continue to serve around the globe in widely diverse
roles.

"Whether our patients be wounded Marines in the
battlefield, deckplate Sailors, or retired shipmates in
the direct care system, you can count on hospital

corpsmen to provide the most professional and personal care possible," said FORCM Jacqueline L. DiRosa, chief of the Navy's Hospital Corps.

She emphasized how hospital corpsmen are often initiators, researchers, developers, and implementers of Force Health Protection (FHP) programs that impact and enhance the lives of their patients.

The skills and talents of hospital corpsmen have been put to the test in the wake of Sept. 11.

"There has been a significant shift in our focus since Sept. 11, toward combat casualty care, sustainment and enhancement training," said DiRosa. "We have placed added emphasis on basic medical skills, chemical biological warfare training and patient treatment for all medical department enlisted personnel."

Whenever or wherever, Navy's hospital corpsmen are steaming to assist.

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Navy Medicine Brings Healing Touch to Indonesia
By Capt. Christopher M. Perrine, USMC, Landing Force
Cooperation Afloat Readiness and Training Exercise

SURABAYA NAVAL BASE, Indonesia - There are smiles in Surabaya today, and people have regained eyesight or been healed from other aches and ailments, thanks to a visit by Navy Medicine Sailors and Marines with Landing Force Cooperation Afloat Readiness and Training, III Marine Expeditionary Force.

The 27-member team, including ophthalmologists, dentists, dental technicians, and general medicine practitioners, held a six-day medical and dental clinic to provide care to the residents of Surabaya.

"Our primary goal is to help the people in the local area with their medical problems," said LT John A. Harrison, MC, senior medical officer, LF CARAT, which deployed to Southeast Asia April 30 from Okinawa, Japan.

"Secondly, we're trying to teach each other, both the local military and local physicians, as well as learn different medical techniques," Harrison said.

Five U.S. Navy doctors, two dentists and seven corpsmen from LF CARAT are working alongside a team of eight Indonesian Navy, or TNI-AL, doctors.

Harrison says he and the team saw basic aches, pains, bruises, respiratory infections, and skin diseases. The two dentists pulled approximately 40 teeth and treated infections, while the ophthalmology team conducted almost 30 cataract surgeries. An optician made 100 pairs of prescription glasses.

The U.S. healthcare providers are a big help to the citizens of Surabaya, according to TNI-AL Lt. Iman Hidayat, a general practitioner and head doctor of the Eastern Indonesian Navy Hospital. There is no medical insurance for civilians, who visit a doctor only for serious illnesses or injuries and pay high prices out of

pocket.

"It is important to bring the medicine," Hidayat said. "It would cost much to get this medication, so it is very helpful for them."

Harrison said the experience has been both personally and professionally rewarding.

"This is every doctor's dream, to go and do some type of humanitarian mission, to see things that they don't otherwise get to see," he said.

The Sailors and Marines of LF CARAT are participating in the eighth annual Cooperation Afloat Readiness and Training exercise, a series of bilateral exercises that takes place in Brunei Darussalam, Indonesia, Singapore, Thailand, Malaysia and the Republic of the Philippines. In Indonesia, the task group includes 1,400 Marines, Sailors and Coast Guardsmen.

While most of the LF CARAT medical staff deployed from Okinawa, two doctors and an optician have temporarily joined the unit from Tripler Hospital, Pearl Harbor, Hawaii, and Naval Medical Center Portsmouth, Va.

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Portsmouth's New Clinic Helps Moms And Newborns

By JO3 Theresa Raymond, Naval Medical Center Portsmouth

PORTSMOUTH, Va. - Naval Medical Center Portsmouth's new Mother-Baby Clinic may help parents and newborns adjust to their new lives, and possibly reduce visits to the emergency room or the pediatric clinic.

The new clinic provides one-on-one care for mothers 24 to 72 hours after being discharged from the hospital after birth.

"The reason we have the clinic is to bring moms and babies back for a follow-up visit within a couple of days after discharge to make sure everything is going well for the parents and the newborn," LT Kim Roquemore, NC, who works in the new clinic.

Patients are usually referred to the clinic upon discharge from the Mother-Baby unit if they were discharged early or if there were any complications in either of the patients.

"We treat children who expect to have jaundice or low birth weight," said Roquemore. "I give the babies a complete checkup and talk to their doctors if something is wrong. We have referral criteria if a baby is outside the norm. I can call their doctor and refer them to the appropriate clinic."

Roquemore said that mom is also given a checkup and a chance to address any concerns she might have.

"The check up for the mom is more 'emotional,'" she said. "We want to make sure everything goes well and all of her questions are answered."

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Naval Hospitals Picked for Healthcare Quality Initiative
By Rod Duren, Naval Hospital Pensacola, Fla.

Washington, DC - Naval Hospitals Camp Pendleton, Great Lakes and Pensacola have been selected by the Institute for Healthcare Improvement to be charter members of a new multi-national network created to improve health care quality.

The three are among the 56 charter members that also include such prestigious medical facilities as Johns Hopkins, Cedars-Sinai, Queens Hospital of New York, and Stanford University Medical Center.

The network, known as IMPACT, brings together health care organizations seeking to improve the way healthcare is delivered. Charter Members are located in 28 states in the U.S. and two provinces in Canada. Its goal is to provide safe, effective, patient-centered, timely, efficient, and equitable health services at world-class levels.

"We're excited to a part of this prestigious network of healthcare facilities," said Pensacola Commanding Officer CAPT Richard L. Buck, MC.

IMPACT member organizations will work in five critical areas: patient safety; office practice and outpatient settings; flow through the hospital; intensive care settings; and workforce development.

Each of the IMPACT member organizations has committed to making breakthrough improvements in one or more of these areas during the next two years.

"We chose as an emphasis patient safety as our project to work on, in addition to looking at all outcomes from other institutions," said Naval Hospital Camp Pendleton Commanding Officer CAPT William M. Heroman, MC.

"It is hard to improve alone," said IHI President and CEO Donald M. Berwick, MD, MPP. "That's why we created IMPACT, a community of improvers who will learn and act together across organizations, disciplines, and even nations. Together, they will accelerate learning, cut the risks and costs of innovation, celebrate successes, and support each other to transform patient care."

Founded in 1991, IHI is an independent, non-profit organization based in Boston. It is dedicated to improving the quality of healthcare systems through education, research and demonstration projects and by fostering collaboration among organizations and their leaders.

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Navy Nurse Is ICAF Honor Grad

By Brian Badura, Bureau of Medicine and Surgery

WASHINGTON, DC - CDR Mary Alice Morro, NC, has been selected as the Commandant of Industrial College of the

Armed Force's honor graduate.

"I was speechless, and anyone who knows me understands that I am rarely speechless," Morro said. "I was totally surprised."

Morro, or "M.A." to her classmates, earned a place in school history as the first ever recipient of the award. She was selected from more than 300 classmates because of the overall character of her service and the nature of her contribution to the school.

"M.A. projects infectious enthusiasm and her leadership abilities are stellar," said Jim Yacobi, professor of political science at ICAF. Yacobi recognized Morro's work and nominated her for the award.

"In addition to completing a very heavy academic workload, she was tireless in her efforts for the social and sports activities," he said.

Morro graduated with distinction with a Master of Science degree in National Resource Strategy. Morro also coordinated all of the sports programs for 120 varsity and countless intramural athletes.

ICAF, located at Fort McNair in Washington, DC, is a senior service school and part of the National Defense University (NDU). The school's mission is to prepare selected military officers and civilians to become strategic leaders.

Morro's next duty station will be at National Naval Medical Center Bethesda.

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Corpsman Named Meridian Military Citizen of Year

MERIDIAN, Miss. - HM2 Michael Kimbrell of the Branch Medical Clinic Naval Air Station Meridian was recently named as Meridian's Military Citizen of the Year.

Kimbrell was selected from four other finalists for the honor.

"The competition was extremely tough," said NAS Meridian's Commanding Officer CAPT Jeffrey Dickman.

CDR Thomas Gaskin, MSC, the branch clinic's officer in charge, wasn't surprised by the selection.

"HM2 Kimbrell is a highly motivated Sailor," said Gaskin. "He extended his activities at the clinic, at his church, with his family and the community. The future is promising with these types of (Navy) leaders."

Kimbrell, a Meridian native, has served 11 years in the Navy and is a preventive medicine technician who helps oversee health promotion, immunizations, occupational health and medical readiness departments.

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"Say Yes," says Hospital Lejeune Commanding Officer

CAMP LEJEUNE, N.C. - CAPT R.E. Bozman, MC, commanding officer of Naval Hospital Camp Lejeune, N.C., tells his staff of more than 1,200 to try to find a way

to say yes to customers.

That message came across loud and clear during a recent Captain's Call.

"Patients come to us because they want our help. We're here to take care of them," said Bozman. "We (must) put ourselves in the patients place and when appropriate, say 'yes'."

One example Bozman used was finding a way to see a patient who shows up late due to unforeseen circumstances for a scheduled appointment rather than scheduling a new one on another day. Doing so, said Bozman, is one way of showing genuine concern and caring for customers.

Bozman also stressed other ways of sending a loud 'yes' message to customers.

"Approach people in the hallways who give the appearance they may need help," he said. "Ask if they need assistance as opposed to waiting for them to ask for help. When you can, escort the person rather than giving them directions. Ask if there is anything we can do to help while you are here."

Bozman said that while there were always some situations when saying yes' isn't possible, "in those situations when we can't say yes, (we) will provide an explanation as to why."

Bozman has been promoting "say yes" since his arrival at Camp Lejeune in June 2001. It's reinforced with prominently displayed bulletin board messages with the hospital's "Taking Care of You Makes Us Feel Better" theme.

"The staff feels good about our CO's policy," said Raymond Applewhite, who served as a hospital corpsman at Lejeune before becoming its public affairs officer. "As a matter of pride and professionalism, we strive hard to make sure visits with us for whatever reason, meet expectations."

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Navy Medicine, NMIMC Webpages Get New Look, Operability
By Brian Badura, Bureau of Medicine and Surgery

CYBERSPACE - Web surfers may have noticed recent changes at two Navy websites. Navy Medicine and Naval Medical Information Management Center have launched newly redesigned Internet sites.

Customer service and user friendliness were the key reasons for implementing the new designs.

"We wanted to make the sites more user friendly by using fewer graphics, which helps increase the speed at which pages load," said LCDR Eric Threet, MSC, chief information officer and director of information technology at the Bureau of Medicine and Surgery.

Visitors are greeted by new, colorful designs on the home page of both sites. The content has been reorganized for easier navigation and a new search

engine has also been implemented.

"As we move forward, we will continue to use these sites to enhance the message presented to the public," said Threet. Future improvements will also allow internal users to tailor some of the content specific to the needs of the users.

To check out the new sites, visit
navmedinfo.med.navy.mil/ or navymedicine.med.navy.mil.

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50 Navy Medical Students Earn MDs

BETHESDA, Md. - Fifty U.S. naval officers were among 163 students who graduated recently from the Uniformed Services University's F. Edward Hébert School of Medicine, the nation's only federal military medical school.

RADM Kathleen L. Martin, NC, commander of National Naval Medical Center Bethesda, reaffirmed the Oath of Office to the Navy students, who were promoted to lieutenant upon graduation.

The year-round, four-year school of medicine's curriculum is nearly 700 hours - or about 20 weeks - longer than those found at other U.S. medical schools. The extra hours focus on epidemiology, health promotion, disease prevention, tropical medicine, leadership and field exercises, medical effects of weapons of mass destruction, and other subjects that relate to the unique requirements of career-oriented military physicians.

USU was established by Congress under the Department of Defense in 1972 and has the nation's only fully accredited federal school of medicine and graduate school of nursing. With its motto "Learning to Care for Those in Harm's Way," the university has a worldwide reputation as a center of excellence for military medical education and research.

The new MDs will join the staffs of military hospitals as interns.

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MEDEVAC Space-A Now Authorized

By JO3 Andrew Dysart, Naval Station Rota

ROTA, Spain - Banned since November 2001, Space Available travel aboard C-9 medical evacuation aircraft has been re-authorized.

Space Available travel, more commonly referred to as Space-A, allows military members, dependents and retirees to travel aboard military flights with unfilled seats by personnel on official orders. However, due to post Sept. 11 concerns, Space-A flights aboard medical evacuation planes marked with a Red Cross were restricted.

According to the Geneva Convention, only patients and other specified noncombatants can fly in aircraft

marked with the Red Cross insignia. To gain more versatility in aircraft use, the U.S. Air Force removed the red crosses from the tails of all but one of their C-9 fleet, allowing the aircraft to be used as general-purpose transports. All C-9s without the red cross can still be designated as a medical flight and receive the protection afforded by the Geneva Convention.

The removal of the ban comes just before the summer months, a time when Space-A travel is very popular. According to LT Angel Palmer, Naval Station Rota's air terminal officer more seats will be available for travel. For personnel stationed in Europe, this means there will be increased opportunity for travel throughout the theater.

The Air Force routinely flies C-9s from Germany, Spain, Italy, Sicily, Crete and England.

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Design Ideas Sought for Pentagon Attack Memorial

By Jim Garamone, American Forces Press Service

WASHINGTON, DC - Department of Defense officials announced a competition to choose a design for a memorial to honor those killed in the Pentagon terror attack nine months ago.

Shortly after the Sept. 11 attack, Congress authorized a memorial to those killed. The Army Corps of Engineers is in charge of the competition.

The memorial will be built on a two-acre plot near where the hijacked jet slammed into the building. The Corps team, working with family members of the victims and representatives of the services, looked at 10 sites before selecting this one.

"One of the family members said Sept. 11 chose the site," said Carol Anderson-Austra, the Corps project manager.

The competition is open to anyone. Anderson-Austra said the Corps is ready to receive any and all submissions "from schoolchildren, ... professional architects or truck drivers in Oklahoma or Kansas."

Rules for the competition will be on the Web at pentagonmemorial.nab.usace.army.mil.

Deadline for submission is Sept. 11, 2002, at 5 p.m. EDT. The Corps will appoint a jury to winnow down the entries. The jury will consist of six sculptors, architects and landscape architects; a representative from the victims' families; and two prominent citizens from the Washington, D.C., area.

Anderson-Austra said the Corps is not looking for final ideas and blueprint, but rather an artistic idea. She expects that by mid-October the jury will select five or six designs for further work. By mid-December the jury will meet again and select its recommendation for a memorial.

The budget for the design and site work right now

is \$2 million. If all goes as planned, the memorial will be dedicated on the second anniversary of the attack - Sept. 11, 2003.

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Healthwatch: Hypertension Does Its Damage Silently
By Aveline V. Allen, Bureau of Medicine and Surgery

Beware of the silent killer.

Hypertension - or high blood pressure - claims many victims, but a lot of people who have it may not even know it.

"Though not curable, hypertension is fully controllable, and effective control reverses the risks associated with hypertension," said CDR Christopher Culp, MC, Navy Medicine's specialty leader for internal medicine.

According to the American Heart Association (AHA), one in four adults have high blood pressure, but since there are often no symptoms associated with it, almost one-third don't know they have it. And while its more common in adults, children and even babies can also be victims. In up to 90 to 95 percent of these cases, the cause is unknown.

Why should you be concerned about high blood pressure? First, it can lead to possible strokes, heart attacks and kidney failure. Essentially, high blood pressure makes your heart pump harder and your arteries experience greater pressure as they carry blood through your body.

Although there is no known cure for high blood pressure, there are several things you can do to control it. The AHA gives helpful hints on how to do just this.

When considering food choices, choose foods that are high in potassium and low in sodium. These include:
- fruits, especially apples, bananas, cantaloupes, and raisins

- vegetables, such as broccoli, cabbage (cooked), corn on the cob, and baked or broiled potatoes

- non-sodium seasonings, such as allspice, cinnamon, lemon juice, and nutmeg instead of salt

A good rule of thumb to remember is to eat foods lower in sodium such as meat, poultry and fish. Also when making your main-dish items, cook them with unsalted fat-free broth, low-sodium bouillon, low-sodium commercial canned soups or canned vegetables without added salt. Read the food labels when you grocery shop and distinguish between foods that have a high sodium level and those that don't.

Another hint is keep your weight in line.

"If you are even slightly overweight, simply losing the extra weight may eliminate the need for medications to control blood pressure," said Culp.

Not only is your diet and weight important to preventing high blood pressure, exercising also plays a

key role in lessening the risk of developing it.

"Exercise is very valuable in reducing blood pressure and in countering the effects of hypertension," said Culp.

The AHA recommends pleasure walking, gardening, moderate to heavy housework, and dancing as exercises you can do at home to help keep your blood pressure in check. More vigorous aerobic exercises include running, swimming, bicycling, and roller-skating.

For additional information on high blood pressure, contact your healthcare provider or visit the American Heart Association website at www.americanheart.org.

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